

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

HAND, FOOT AND MOUTH DISEASE

WHAT ARE THE SYMPTOMS OF HFMD?

Symptoms may begin with a fever, reduced appetite, sore throat, and a general feeling of being unwell. One to two days later, sores may develop in the child's mouth, which may be painful. A non-itchy skin rash may develop on the hands and feet, including the soles. The rash can occur on the knees, elbows and other parts of the body. The rash may turn into bumps and blisters. Most children completely recover in 7 to 10 days. Not all children show all of the symptoms- they may get only mouth sores and skin rash. Other symptoms, such as vomiting and diarrhea, can occur but are less common.

CAN ADULTS ALSO BECOME INFECTED?

Yes, although it more commonly affects children. Adults are more likely to have an asymptomatic infection where they experience no symptoms, but may still spread the disease.

HOW SOON DO SYMPTOMS OF HAND FOOT AND MOUTH DISEASE APPEAR?

Symptoms of HFMD usually appear 3-7 days after initial exposure and infection.

HOW IS HFMD SPREAD?

HFMD is easily spread when an infected person coughs or sneezes and the droplets are inhaled by another person near them. You can also get infected by touching an object, like a toy or doorknob, that has respiratory secretions on them from an infected person and then touching your eyes, nose or mouth. The virus can also be spread from blister fluid or a person's stool. A person is most contagious during the first week of the illness.

HOW IS HFMD TREATED?

There is no specific treatment or vaccine for HFMD. Most children with HFMD recover without treatment. People with HFMD should rest and drink liquids to prevent dehydration. If your child has symptoms of HFMD, you should contact your child's health provider for additional information.

HOW IS HFMD DIAGNOSED?

Health care providers can usually tell the difference between mouth sores caused by hand, foot, and mouth disease and other illnesses by considering —how old the patient is, what symptoms the patient has, and how the rash and mouth sores look. Depending on how severe the symptoms are samples from the throat or stool may be collected and sent to a laboratory to test for the HFMD virus. This will be decided by the healthcare provider.

WILL MY CHILD BE EXCLUDED FROM SCHOOL or CHILDCARE?

Exclusion will not reduce disease transmission because some children may shed the virus without becoming recognizably ill, and other children who become ill may shed the virus for weeks in the stool. It is the recommendation of the Florida Department of Health in Orange County for children and adults to stay home from school/work when they have symptoms, such as fever, diarrhea or vomiting until they are 24 hours symptom free without the use of any symptom reducing medications.

HOW CAN HFMD BE PREVENTED?

Florida Department of Health in Orange County

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There are things you can do to help protect yourself and your children from becoming infected, including:

- Wash your hands often with soap and water, especially after changing diapers and using the bathroom;
- Avoid touching your eyes, nose, and mouth with unwashed hands;
- Avoid close contact with an infected person, including kissing, hugging, and sharing cups and eating utensils;
- And disinfect frequently touched surfaces, such as toys and doorknobs.

People with HFMD are most contagious during the first week of their illness. However, they may be contagious for weeks after symptoms go away.

HOW CAN I GET MORE INFORMATION ON HFMD?

For more information, please visit: <http://www.cdc.gov/features/handfootmouthdisease/> and <http://www.cdc.gov/hand-foot-mouth/index.html>.